

# October 2024 Lunch Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
V = vegetarian Vegan = no meat, eggs, or dairy		1 Black Bean Burger, Baked Sweet Potato Wedges, Fruit <i>V &amp; Vegan: ok</i>	2 Chinese Chicken Salad with Crunchy Noodles, Green Dressing, Oranges, Brown Rice <i>V &amp; Vegan: Marinated Tofu</i>	3 Vegetable Soup, Tuna Salad Sandwich, Fruit <i>V &amp; Vegan: Avocado sandwich with grilled vegetables</i>	4 Spaghetti & Turkey Meatballs, Steamed Vegetables, Fruit <i>V &amp; Vegan: Spaghetti w/ marinara sauce</i>	5
6	7 Potato Corn Chowder, Grilled Chicken, Bread Roll, Fruit <i>V: no chicken</i> <i>Vegan: Steamed Broccoli &amp; brown rice</i>	8 Mushroom & Cheese Pizza, Steamed Vegetables, Fruit <i>V: ok</i> <i>Vegan: No dairy pizza</i>	9 Shepherd's Pie, Asparagus, Oranges <i>V &amp; Vegan: Polenta Cakes w/ marinara sauce</i>	10 Falafel Patties, Hummus, Pita, Fruit <i>V &amp; Vegan: ok</i>	11 <b>LMUCC CLOSED - Autumn Day PTC Prep</b>	12
13	14 Macaroni & Cheese, Crispy Kale, Fruit <i>V: ok</i> <i>Vegan: Pasta w/ marinara sauce</i>	15 Fish Tacos, Cabbage Salad, Fruit, Green Salsa <i>V &amp; Vegan: Brown rice &amp; black beans</i>	16 Black Bean Chili, Brown Rice, Steamed Vegetables, Fruit <i>V &amp; Vegan: ok</i>	17 Baked Ziti, Steamed Vegetables, Fruit <i>V: ok</i> <i>Vegan: Pasta w/ marinara sauce</i>	18 Tomato Basil Soup, Grilled Cheese Sandwich, Fruit <i>V: ok</i> <i>Vegan: Avocado sandwich w/ grilled vegetables</i>	19
20	21 Vegetable Sushi Rolls, Edamame, Fruit <i>V &amp; Vegan: ok</i>	22 Chicken & Rice Soup, Steamed Vegetables, Fruit <i>V &amp; Vegan: Vegetable &amp; Rice Soup</i>	23 Penne with Bolognese, Grilled Vegetables, Oranges <i>V &amp; Vegan: Vegan Bolognese</i>	24 Tortilla Soup, Cheddar Cheese, Rolls, Fruit <i>V: ok</i> <i>Vegan: No cheese</i>	25 Lo Mein Noodles with Stir Fried Vegetables and Tofu, Steamed Carrots, Fruit <i>V &amp; Vegan: ok</i>	26
27	28 Pesto Pasta with Pumpkin Seeds, Black Bean and Corn Salad, Fruit <i>V &amp; Vegan: ok</i>	29 Grilled Chicken, Spanish Rice, Steamed Vegetables, Fruit <i>V &amp; Vegan: Marinated Tofu</i>	30 Vegetarian Minestrone, Bread Rolls, Fruit <i>V &amp; Vegan: ok</i>	31 Mushroom & Cheese Pizza, Steamed Vegetables, Fruit <i>V: ok</i> <i>Vegan: No dairy pizza</i>		